

**2001 California Children's Healthy Eating and Exercise Practices Survey**

**Table 75: Range in Days per Week that Children Met the Physical Activity Guideline (Diary Sample)**

For about how many days in the past week did you exercise or were you physically active for a total of 60 minutes (or more) throughout the day?

	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous PA, Percent of Children			
	0-2	3-4	5-6	7
<b>Total</b>	<b>18</b>	<b>28</b>	<b>28</b>	<b>26</b>
<b>Gender</b>				
Males	16	23	30	31
Females	20	34	27	19
<b>Ethnicity</b>				
White	15	29	29	27
African American	24	26	22	26
Latino	20	24	32	24
Asian/Other	18	39	19	24
<b>Income</b>				
≤\$19,999	17	21	33	29
\$20,000 - \$49,999	21	24	30	25
≥\$50,000	14	34	26	25
<b>Federal Poverty Level</b>				
≤ 185%	18	25	34	22
> 185%	17	30	26	27
<b>Food Stamps</b>				
Yes	19	22	26	34
No	18	30	28	25
<b>Overweight Status</b>				
Not at Risk	13	29	27	31
At Risk/Overweight	23	30	30	17
<b>Physical Activity</b>				
≥60 minutes	6	21	35	39
<60 minutes	29	36	22	12
<b>School Breakfast</b>				
Yes	18	28	28	27
No	18	29	29	25
<b>School Lunch</b>				
Yes	17	29	30	25
No	19	28	27	27
<b>Nutrition Lesson</b>				
Yes	12	28	32	28
No	24	29	24	23
<b>Exercise Lesson</b>				
Yes	14	30	32	25
No	24	27	23	27

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001